Rainbow Nursery Weekly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal
Snack (AM)	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection
Lunch	Vegetable Pitta Pizzas With Salad Greek Yoghurt & Fruit Selection	Tomato Soup Chinese Chicken & Veg Curry With Rice	Beef Mince With Mashed Potatoes & Veg Rice Pudding & Banana	Broccoli Soup Tomato & Vegetable Pasta Bake	Fish Pie With Carrots & Peas Fruit Salad
Snack (PM)	Oatcakes With Butter Banana & Orange	Greek Yoghurt Strawberries & Blueberries	Breadsticks With Humus Carrot, Pepper & Cucumber sticks	Crackers With Cheese Apple & Grapes	Rice Cakes With Cheese Spread Melon & Pineapple
Dinner	Fish Cakes With Potato Wedges & Peas	Tuna & Sweetcorn Pasta	Spaghetti & Meatballs	Baked Potatoes With Beans & Cheese	Ham & Cheese Toasties

Rainbow Nursery Weekly Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal
Snack (AM)	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection
Lunch	Fajita Chicken With Rice Fruit Salad	Spaghetti Bolognaise Rice Pudding & Banana	Chicken & Rice Soup Cheese & Ham Toasties With Salad	Vegetable Soup Fish Cakes, With Potato Wedges & Peas	Sausages with Mashed Potato & Beans Greek Yogurt & Fruit Selection
Snack (PM)	Pitta Bread With Dip Carrot, Pepper & Cucumber sticks	Crackers With Cheese Apple & Grapes	Rice Cakes With Cheese Spread Melon & Pineapple	Breadsticks with Natural Yogurt Plum & Banana	Oatcakes With Cheese Spread Pear & Orange
Dinner	Cheese Sandwiches with Tomato Soup	Chicken Curry With Rice & Veg	Mince with Roast Potatoes & Veg	Macaroni Cheese & Veg Sticks	Tomato & Veg Pasta With Garlic Bread

Rainbow Nursery Weekly Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal
Snack (AM)	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection
Lunch	Chicken & Broccoli Pasta Greek Yoghurt & Fruit Selection	Tomato Soup Mac & Cheese With Corn on the Cob	Steak Pie with Potatoes, Peas & Carrots Rice Pudding With Banana	Chilli & Rice Fruit Salad	Broccoli Soup Chicken & Sausage Jambalaya
Snack (PM)	Rice Cakes Grapes & Banana	Bagels With Cream Cheese Melon & Pineapple	Cheese or Ham Sandwiches Banana & Orange	Breadsticks With Humus Carrot, Pepper & Cucumber sticks	Crackers With Cheese Apple & Pear
Dinner	Baked Potatoes With Cheese & Beans	Pitta Pizza & Salad	Spaghetti & Meatballs	Sausages with Potatoes & Carrots	Tuna & Sweetcorn Pasta

Rainbow Nursery Weekly Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal	Selection of Cereal
Snack (AM)	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection	Toast & Fruit Selection
Lunch	Tomato Soup Macaroni Cheese & Mixed Veg	Vegetable Stir Fry With Noodles Greek Yoghurt & Fruit	Fish Curry With Naan Bread Fruit Salad	Vegetable Soup Spaghetti Carbonara	Chicken in Gravy Boiled Potatoes & Green Beans Rice Pudding & Banana
Snack (PM)	Greek Yoghurt Strawberries & Blueberries	Crackers With Cheese Apple & Plum	Crumpets With Butter Pear & Orange	Oatcakes With Cheese Spread Pear & Melon	Malt Loaf Grapes & Banana
Dinner	Pitta Pizza & Salad	Mince with Potatoes & Veg	Tomato Pasta With Garlic Bread	Chicken Curry With Rice	Ham and Cheese Bagels